
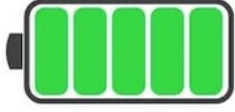





5 Point Energy Scale

Example chart, everyone's "looks like" and "feels like" section will be different!

	Battery Status	Looks like (what others might notice):	Feels like	I...
5		Smiling, talkative, making eye contact	Lots of energy, feel great, no pain	Am ready to play, go places, talk to people, have fun, do my work
4		Smiling, talkative but maybe a little slower	Good energy, still feel good, no pain	Still ready to work, play and listen, but might be a little slower
3		Starting to stare, less responsive, needs directions broken down, some refusal	Ok energy, feel tired, some pain, feel odd	I'm okay, but probably need to rest; I should ask for something to high in fat to eat. Need to recharge
2		Starring, not responding, refusing	Having trouble focusing, not much energy, some pain	Danger- if I don't do something quickly it will be an emergency. Need to recharge
1		Starring, not responding at all, not able to talk	I'm in pain, I can't focus, I can't move	Emergency Get help right away!



Protein
Fat
Carbs



Structured
exercise



Over exertion
Seizures



Sleep




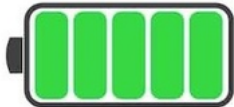



Cheating on diet



Dana Pottschmidt, MSW, LCSW
Parent Patient Liaison
Glut 1 Deficiency Foundation

Created in collaboration with Laura Brown, MS

5 Point Energy Scale

	Battery Status	Looks like What others might notice:	Feels like	I...
5				Am ready to play, go places, talk to people, have fun, do my work
4				Still ready to work, play and listen, but might be a little slower
3				I'm okay, but probably need to rest; I should ask for something to high in fat to eat. Need to recharge
2				Danger- if I don't do something quickly it will be an emergency. Need to recharge
1				Emergency Get help right away!



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